

5-1-5,5

## Who Am I?

<b>Grade Level</b>	Fifth
<b>Minimum Time Required</b>	30 Minutes
<b>Materials/Resources</b>	Handouts, Pencils
<b>Subject Area(s)</b>	Guidance

### Project Description:

1. Read aloud and discuss the lesson, "Who Am I?"
2. Discuss the following terms: unique, distinguishable, personality and individual.
3. Direct the students to look at "My Tree Of Life." If necessary go over each of the statements within the leaves on the tree.
4. On page 3 there is a picture of a dragon and a paragraph with blanks. Hand out paper and have the students write the paragraph filling in the blanks. Call attention to the title, which means, "I Think Therefore I Am!"
5. Have students read the poem "Be The Best Of Whatever You Are." Moving from stanza to stanza, discuss and talk about the meaning.
6. To reinforce the concepts of the physical, mental, social and emotional components of what makes a human being have students complete the activity sheet, "The Jigsaw Puzzle."
7. Depending on the nature of your class, you may wish to make a bulletin board of these completed pages to stress how unique each student is.

<b>Career Development Standard</b>	Knowledge of the importance of self concept.
<b>Career Development Indicator</b>	Describe characteristics about self as seen by self and others. Identify personal interests, abilities, strengths and weaknesses.
<b>Delivery Level</b>	Review
<b>Academic Standards</b>	
<b>Language Arts</b>	1.1.a Recognize that different cues can be used to make predictions about and clarify text. 1.1.b Select the appropriate cues and/or strategies needed for comprehension for specific types of text. 2.1.a Apply fundamental conventions of language in written work.
<b>Employability/SCANS Skills</b>	Basis Skills Personal Qualities Thinking Skills
<b>Assessment/Rubric</b>	Students will be evaluated based on their completed worksheets and class participation.

**Submitted by:** NCDG Elementary Group  
St. Louis Public Schools

## WHO AM I?

You are a unique human being. You are one of a kind and different from other people. This difference is part of all of us. How else would people be able to recognize us? Even twins who look alike have distinguishable characteristics that make them different. Being different is O.K. and is normal. Would you believe that no other person has finger prints exactly like yours? Each of us has one of a kind personality. Even though your best friend and you may have similar personalities, yours is unique and it belongs to you.

When you say "I am," the "I" is made up of the Physical You, the Mental You, the Social You, and the Emotional You.

The Physical You pertains to your body. It includes your looks, body structure, color, etc.

The Mental You refers the you who thinks – your ideas, opinions, etc. Learning and maintaining knowledge is developed by the mental you.

The Social You describes you as you relate to others – how you get along with your family and friends.

The Emotional You reveals your feelings, sentiments, and attitudes through your actions.

In considering who you are, you must gather pertinent information about yourself. The following activities will help you find out about yourself.

On the next page is "My Tree of Life." Study the tree. Then, fill in your information.

On page three is a paragraph with fill-in-the-blanks. On a separate piece of paper, write the paragraph and fill-in-the-blanks.



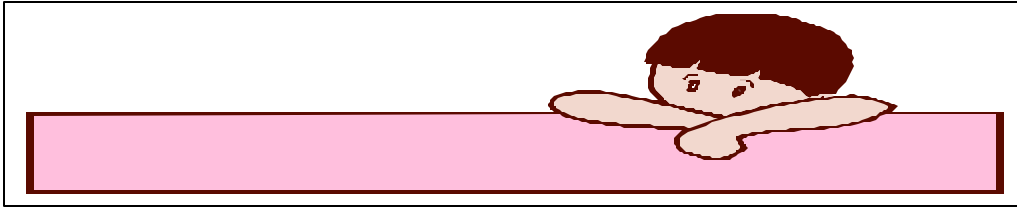
# My Tree of Life

A tree-shaped worksheet titled "My Tree of Life". The tree has a thick trunk and a large, rounded canopy. The trunk is divided into two main sections, each with a large oval containing the letter "M" and "E" respectively. The canopy is divided into 11 numbered boxes, each containing a question. The boxes are arranged as follows:

- (1) Your Name: \_\_\_\_\_
- (2) Name one thing you would like to do better. \_\_\_\_\_
- (3) Name one thing you do well. \_\_\_\_\_
- (4) Name one thing you dislike. \_\_\_\_\_
- (5) Name one thing you like. \_\_\_\_\_
- (6) Write your present age. \_\_\_\_\_
- (7) Write your number of brothers. \_\_\_\_\_
- (8) Write your number of sisters. \_\_\_\_\_
- (9) Write your fathers first name. \_\_\_\_\_
- (10) Write your birthday. \_\_\_\_\_
- (11) Write your mother's first name. \_\_\_\_\_

At the base of the trunk, there is a small circle containing the number 2.

## COGITO ERGO SUM (LATIN)



My name is \_\_\_\_\_

\_\_\_\_\_

and I am \_\_\_\_\_ years old. My mother's first  
name is \_\_\_\_\_, and my

father's first name is \_\_\_\_\_.

I have \_\_\_\_\_ sister(s) and \_\_\_\_\_

brother(s). One thing that I do not like is \_\_\_\_\_

\_\_\_\_\_

I do like \_\_\_\_\_

\_\_\_\_\_

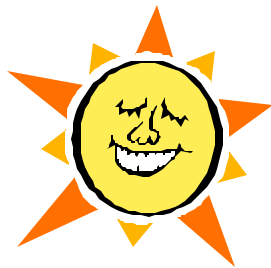
I can \_\_\_\_\_

well and would like to be able to \_\_\_\_\_

\_\_\_\_\_

better.

I think,  
therefore  
I am!



## Be the Best of Whatever You Are

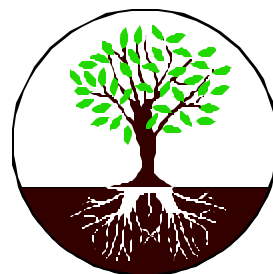
David Malloch

If you can't be a pine on top of the hill  
Be a shrub in the valley but be  
The best little shrub by the side of the hill;  
Be a bush if you can't be a tree.

If you can't be a bush be a bit of grass  
And some highway happier make;  
If you can't be a muskie then just be a bass,  
But be the liveliest bass in the lake.

We can't all be captains, we've got to be crew,  
There is something for all of us. There  
Is big work to do and there's lesser to do  
And the task we must do is the near.

If you can't be a highway then just be a trail;  
If you can't be sun be a star;  
It isn't by size that you win or you fail.  
Be the best of whatever you are.



# The Jigsaw Puzzle

